

Program 6: Advanced

5 days of running per week

2 days of strength training

1 day of non-impact cardio cross training/intervals

Ideal for runners who can train daily, like intensity and are highly motivated

Advanced	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Or rest	SATURDAY Long run	SUNDAY	Total Mileage
Week 1 - 12/13	8 SP	ST/XT	8 SP	7 SP & ST	Easy 5	10	XT	38
Week 2 - 12/20	8 YI (4)	ST/XT	8 SP	7 SP & ST	Easy 5	12	XT	40
Week 3 - 12/27	8 T	ST/XT	8 SP	8 SP & ST	Easy 6	10 - 12	XT	42
Week 4 - 1/3	8 YI (5)	ST/XT	8 HI	8 SP & ST	Easy 5	14 - 16	XT	45
Week 5 - 1/10	8 T	ST/XT	8 HI	9 SP & ST	Easy 7	12	XT	44
Week 6 - 1/17	8 YI (6)	ST/XT	9 HI	9 SP & ST	Easy 5	10+ * (RR)	XT	41
Week 7 - 1/24	8 T	ST/XT	9 HI	10 SP & ST	Easy 7	16	XT	50
Week 8 - 1/31	9 YI (7)	ST/XT	10 HI	10 SP & ST	Easy 6	10+ * (RR)	XT	45
Week 9 - 2/7	9 T	ST/XT	10 HI	10 SP & ST	Easy 8	16 - 18	XT	55
Week 10 - 2/14	9 YI (8)	ST/XT	10 HI	10 SP & ST	Easy 6	10+ * (RR)	XT	45
Week 11 - 2/21	10 T	ST/XT	10 HI	10 SP & ST	Easy 8	18 - 20	XT	57
Week 12 - 2/28	10 YI (9)	ST/XT	10 HI	10 SP & ST	Easy 4	10+ * (RR)	XT	44
Week 13 - 3/7	10 T	ST/XT	10 HI	10 SP & ST	Easy 9	20 - 22	XT	61
Week 14 - 3/14	8 YI (10)	ST/XT	10 HI	10 SP & ST	Easy 8	10+ * (RR)	XT	41
Week 15 - 3/21	8 T	ST/XT	8 HI	8 SP & ST	Easy 4	18 - 20 - 22	XT	50
Week 16 - 3/28	8 YI (6)	ST/XT	8 HI	8 SP & ST	Easy 8	10	XT	42
Week 17 - 4/4	6 YI (4)	ST/XT	6 - 8 HI	8 SP & ST	-	8 - 10	XT	32
Week 18 - 4/11	4 YI (3)	ST/XT	2 - 4 HI	5	-	3	2	
April 18th 2022	RACE DAY					*Riverside Run		

YI(#): 800m lasso intervals, (#) indicates how many intervals

XT: Cross Train - Non-impact cardio - See training guide on furey262.com

ST: Strength Train - See training guide on furey262.com

HI: Hill Intervals Find more info/schedule on furey262.com

SP: Steady Pace

T: Tempo run - 20 minutes of a hard pace in the middle of run

Highest weekly Mileage: 62